LISENTING FOR DICTATION 1

Listen and complete the text with only ONE WORD OR A NUMBER.

On behalf of LP Clubs, I'd like to welcome you all here today. My name's Sandy Fisher and I'm one of the **(1)** _____ managers here. Before we start our tour of the club, I'll just run through some **(2)** _____ information about the **(3)** _____ we have here, including recent improvements, and explain the types of **(4)** _____ available.

Our greatest asset is probably our swimming pool which at 25 metres isn't **(5)**_____-sized, but now we've expanded it to eight **(6)** _____, it's much wider. This means there are rarely more than a couple of people at a time in each lane. Unfortunately, there isn't **(7)** _____ for an outdoor pool here but the **(8)** _____ roof on the swimming pool is partly **retractable (có thể rút vào được)**, which means you can enjoy something of the **(9)** _____ experience on warmer days.

Our recently **refurbished** (tân trang lại) fitness **suite** (dãy phòng, buồng) has all the **(10)** _____ exercise equipment including ten new running machines, and a wide **(11)** _____ of weight-training machines. Each member is given full **(12)** _____ in how to **operate (vận hành)** the equipment and there is always a **(13)** _____ **on duty (làm nhiệm vụ/ trực)** to offer help and advice. Although we do have adult-only times after 6 and at certain times at weekends, children are well **catered for (được phục vụ, chăm sóc, đáp ứng nhu cầu)**. Older children continue to **(14)** _____ from a wide range of **tuition (sự giảng dạy)**; anything from **trampolining (biểu diễn nhào lộn)** to **(15)** _____.

One thing all our members **appreciate** (trân trọng, coi trọng) about us is that we take very good care of them. This starts on day **(16)** _____ with your personal assessment. You are asked to **(17)** _____ in a questionnaire giving details of any health problems. One of our **(18)** _____ trainers will then go through this with you.

The trainer will then take you through the **(19)** _____ rules for using the equipment in the fitness **(20)** _____. During your next exercise **(21)**

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_____, a personal trainer will work with you to make sure you understand these. It's very important to do this because we really do want to avoid having any sports **(22)** _____. There's a lot more to looking after yourself than simply **(23)** _____ weights!

At the end of the personal assessment, the trainer will draw up a **(24)** _____, outlining what you should try to achieve within a **(25)** _____ period. This will then be reviewed at the end of the six weeks.

Now, I'll just quickly run through the types of membership we have available. All members must pay a joining fee of **(26)** _____ in addition to the rates for the monthly membership fees. **(27)** _____ membership **entitles** (cho quyền/ cho phép) you to free entry at all LP Clubs. There are now LP clubs in all major cities and towns so if you travel a lot it will be a great **(28)** _____. Individual gold membership costs £50 a month and joint membership for you and your **(29)** _____ will cost £75.

Premier membership is for **(30)** _____ people whose work commitments make it difficult for them to use the club during the day and so LP gives booking preferences to Premier members at **(31)** _____ times. This means you will find it easier to book the sessions at times that suit you. Reciprocal arrangements with other LP Clubs are available to Premier members. Premier membership is for individuals only, but you will be sent passes for guests every month. The **(32)** _____ fee is £65.

You don't have to have any special clothes or equipment when you visit the club. We provide robes and hairdryers in the **(33)** _____ rooms, but it's very important to remember your photo **(34)** _____ because you won't be able to get in without it.

For people who aren't working during the day then ...

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